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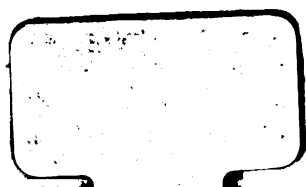
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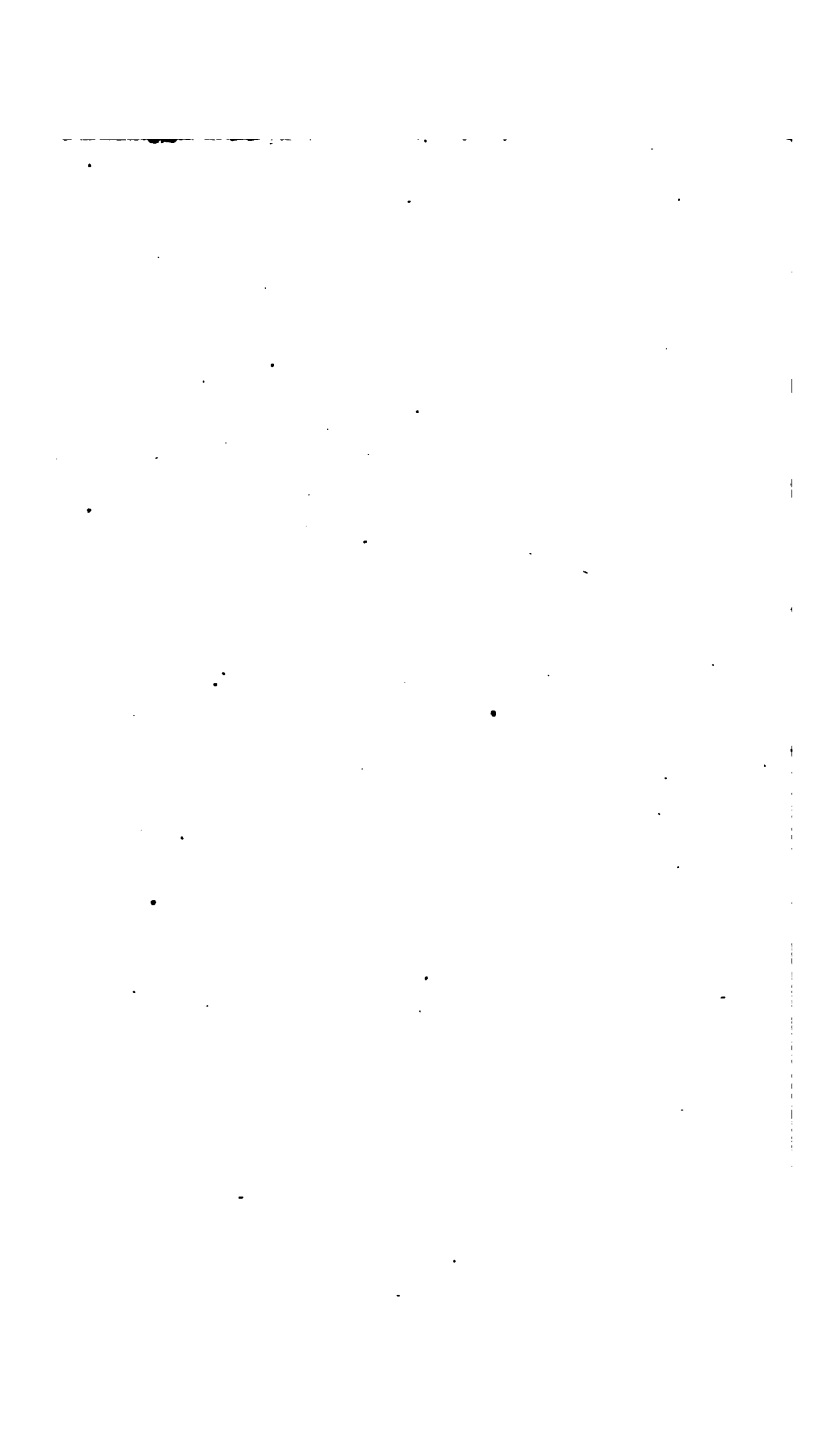
INFANT LIFE
ITS NURTURE AND CARE



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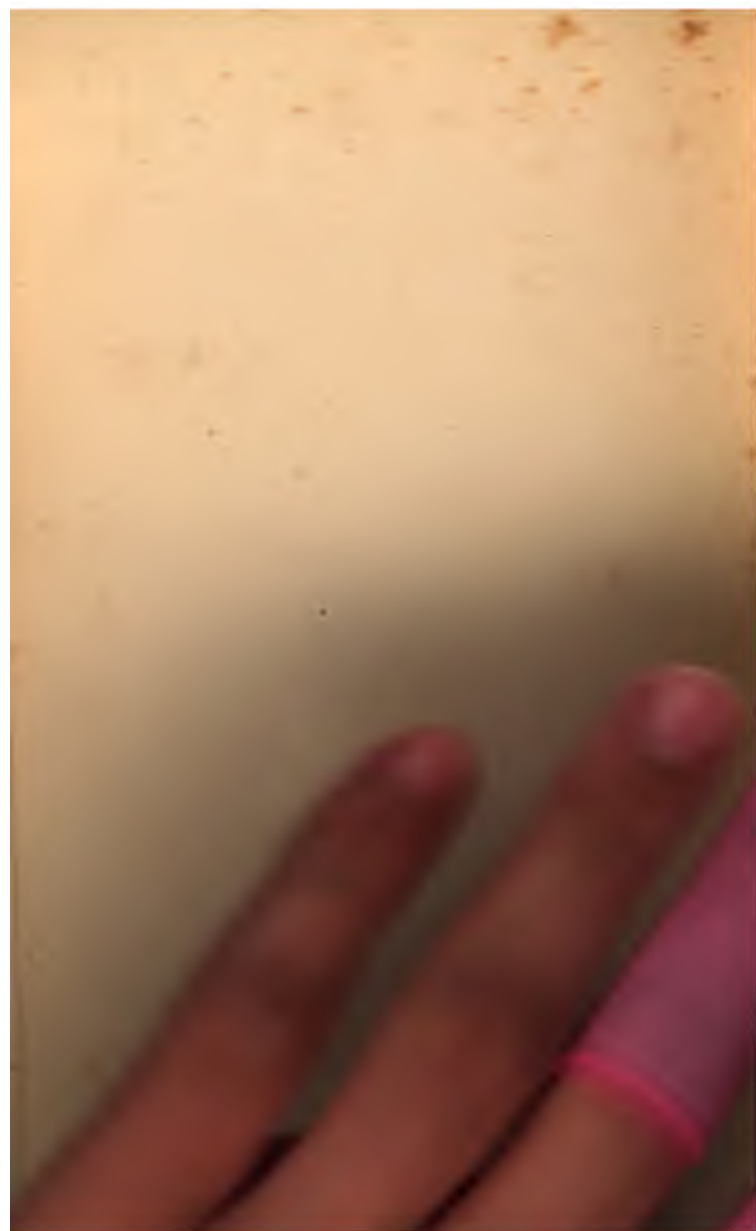
BY E. N. G.

WITH AN INTRODUCTORY PREFACE

BY ERASMUS WILSON, F.R.S.



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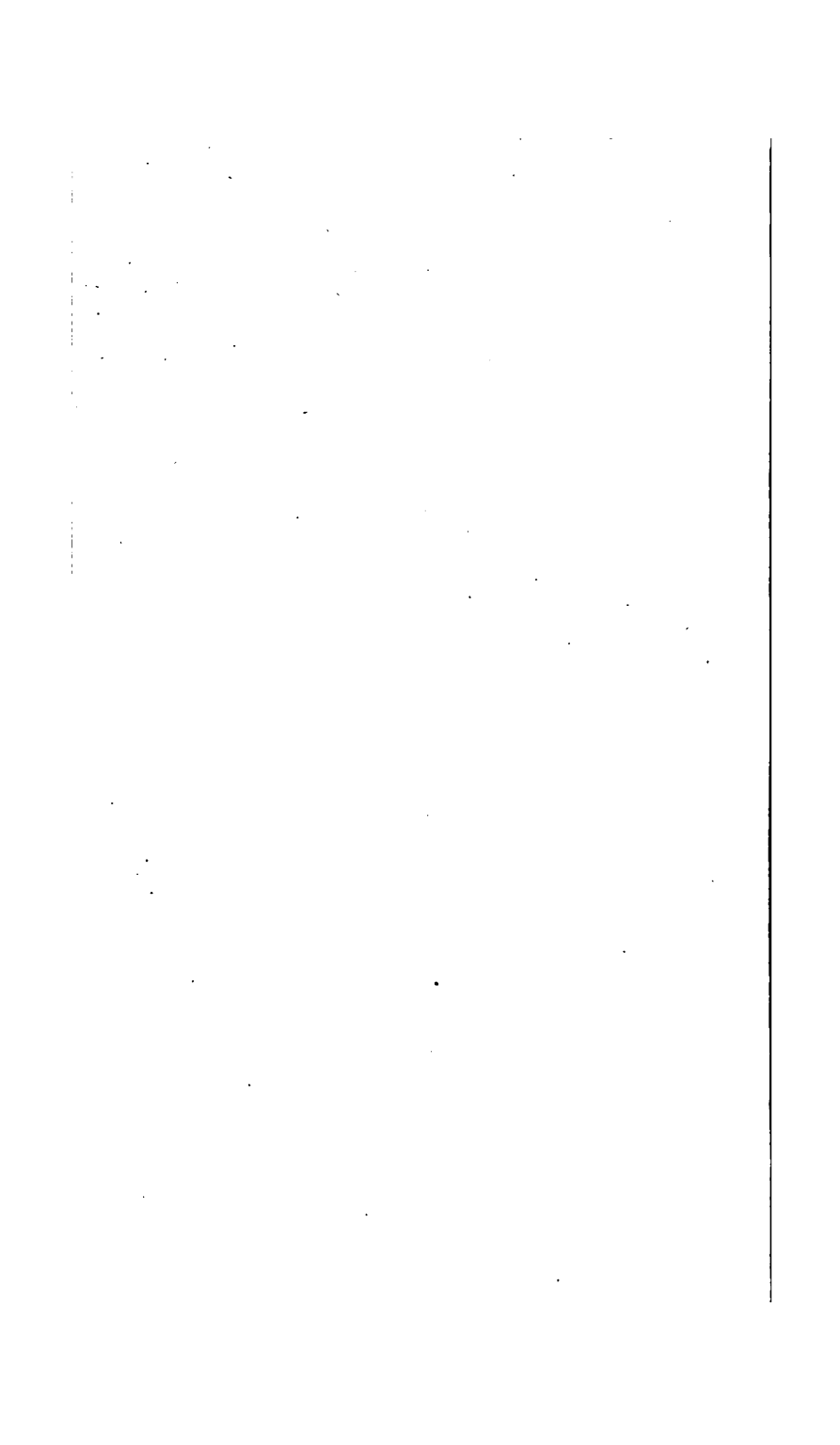
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INTRODUCTORY PREFACE.

NE of the pleasures of journalism is the occasional acquaintance with persons who take a hearty and earnest view of life and its many obligations. Persons who are not simply content with an inkling of truth, or with an appreciation of truth so far as it touches themselves alone, but who take the trouble to make known their impressions for the study and contemplation of others, and with the kindly intention that some benefit to "our neighbour" may result from their exertions. The writer of the present essay is one of those persons ; one whom I am proud to be permitted to call my friend ;

the mother of a numerous young family, in whose interests the thoughts embodied in the following pages were originally conceived.

When we reflect that the infant is the future man, intellectual as well as physical, the question of "INFANT LIFE, ITS NURTURE AND CARE," is not the least impressive of the questions of daily life with regard to which it is our duty to interrogate rigorously our inward selves. Medical philosophers have long recognised the existence of diseases which depend entirely upon errors of nurture and care of infant and juvenile life ; and the medical expression "preventible disease" has recently come among us as a household word. Can it be true—and there is nothing more true—that scrofula, consumption, cancer, and a host of other affections are preventible diseases. Surely the man who could discover a cure for these terrible afflictions would deserve a parliamentary grant,—a mural crown,—to be for ever held in loved

remembrance by his country. Nay, the discovery has already been made without these rewards, has been published in every corner of our kingdom, is the daily thought, the daily care, the daily work, of many members of the laborious and beneficent profession of medicine. But the truth is so patent that, as might be expected, our author friend, the tender and watchful mother, has anticipated it instinctively ; it is—*the healthy nurture and care of infant and juvenile life.*

The present essay first made its appearance in the “ Journal of Cutaneous Medicine ;” I had discovered the author’s eager desire to master this great social and medical problem, and I opened to her my pages for its illustration. The essay may have its imperfections—nothing that is human has not—but I can see only the silver side of the shield ; like a genuine artist, I have placed myself where I can behold the beauties of the composition, the very soul of the picture ; and I believe it

to be a truly useful work, worthy of the careful study of all whom it may concern. Give but the nourishment and hygienic culture of the young into judicious hands, and the consequences would be a manly race of intellectual giants.

At a moment when the ears of society are dinned with the jarring sound and discordant clamour of "woman's rights, of woman's mission, and woman's work," the words of our author fall upon the senses with the soothing sweetness of an *Æolian* harp:—"The love of a mother for her offspring, and her conscientious discharge of maternal duty, are the best and purest parts of a woman's life and action." And again, "We have strongly urged the necessity and importance of the mother being the child's real nurse; no matter what her position in society may be, her position *in life* is that of a parent, and *it was given to her* by the great Parent of mankind." But our author has, possibly, not foreseen that she has only made a beginning of her

labour, her children will soon be growing up : we should like to hear her discuss their diet and hygiene while gathered around the family board. Next, they will be distributed in schools for another kind of education, and then we should be glad to be made acquainted with their "nurture and care" in those semi-barbarous establishments, where preventible disease is too commonly encouraged by inadequate or unsuitable diet at the growing and developing period of human life ; when only the constitution of youth, and the stronger constitutions of that youth, are enabled to surmount the unnatural trial. Latin and Greek and mathematics are ill-assorted food for the ever-empty stomach of growing, of man-making youth ; and if the parent hesitate to confide her infant to the venal services of a nurse, still less should she trust her offspring without demur to the more venal arrangements of the school establishment.

The day, it is to be hoped, is not far

distant when hygiene will be the first necessity of a scholastic institution, when "hygienic schools" will be the first recommendation of those institutions. Depend upon it that the progress of Latin and Greek and mathematics under such a rule will not flag, while common sense will grow and expand in the youthful mind. And, better still, a first step will have been made towards the uprooting and annihilation of preventible diseases.

The nurture and care of the infant is the small end of the wedge that has already entered the core of a great evil, it is the duty of all who love their fellow-man to give impetus to the great work, to assist in effecting a wholesome reformation of growing abuses, in accomplishing the perfection of the physical, as well as of the intellectual, structure of man. It is not too much to say that, with proper nurture and proper care in the management of infants, all their diseases, with few exceptions, would be extinguished.

Let me say a word more in furtherance of this great question. We have heard of late of the transmission of disease by vaccination ; the thing is impossible. If the vaccine vesicle be perfect, and the instrument with which the trifling operation is practised, clean, the conveyance of disease by vaccination is an utter impossibility. But children have died from the effects of vaccination ? Yes, the fact is unquestioned ; but it was not from any poison present in the vaccine lymph, it was simply that the "nurture and care of infant life" had been neglected. Healthy children never suffer, never die from vaccination. If indeed they did so die, we should do no more than shed a single tear to their memory, for vaccination is a law of self-preservation, and must for ever be obeyed. To question vaccination, is to question one of the brightest truths of human knowledge—a truth that has been tested and found perfect in every country, and by countless millions of men.

I cannot feel otherwise than proud that

x *Introductory Preface.*

the Author should have wished her excellent little book to be introduced to the public by a few words of mine. But, in honest truth, it needs no recommendation but itself ; the only recommendation that her pages can possibly require is, that they should be read ; for that will ensure their being read and read again, and studied while they are being read.





INFANT LIFE : .

ITS NURTURE AND CARE.

GREAT things have often small beginnings, and it is hardly possible to glance over the various chapters on health and disease as they are presented to us in our daily experience, without a thought of the power wasted in the first stage of life—its infancy.

Yet much has been written, more said, on the subject of "Woman's Mission," and there are now no greater sticklers for their rights and privileges than women themselves; they stand forth, asserting their position and boasting of their power, forgetting, perhaps, that the daughters of Eve

have but one true greatness—that of modestly fulfilling the duties of the place assigned to them by their Creator.

That the privileges of women are immense there can be no question, for to them, in a great measure, belongs the power of influencing, guiding, and controlling the world. To them belongs the kingdom of Home—for be their home a palace or a hut, it is still a kingdom—a kingdom to be ruled with dignity and power, patience and justice ; a kingdom which must be free from treason and stand fast in its own integrity.

If women would but believe in the dignity of motherhood, and act upon its holy impulses and its sweet, pure teachings, there would be little room left in their hearts for feebleness or grosser aspirations. If they would only realise its many happinesses, the vanity, folly, and frivolity, of which there is now so much complaining, would disappear ; for good mothers make good men and women, and good men and wo-

men have higher aims in life than mere self-gratification—other views of its responsibilities than the love of greed and the passion for display engender.

In the rearing of her children no hireling nurse, however experienced, can wholly supply the mother's place. When death, sickness, or physical incapacity wrenches the babe from her breast, nature is grieved and offended, and the little life has to pay dearly sometimes for the forced infringement of her great laws. But it is sad to think how many innocent beings suffer from the carelessness, ignorance, or heartlessness of the mother, who is glad to shuffle her own proper burden on to shoulders paid to bear it, that she may enjoy life after a fashion of her own, or give to society the time and attention which ought to be bestowed upon her sacred office.

Nay, further, many women who are anything but heartless, who are, on the contrary, intensely anxious as to the health

4 *Ignorance in the Nursery.*

and teaching, manners and dressing of their growing-up children, and who spare no pains in fitting them to adorn their appointed place in the world, often neglect the infant in simple ignorance of the importance of their own watchfulness.

To the "experienced nurse" is left the whole management and control of the most tender and delicate part of human life; while the mother hugs herself with the notion that in providing this she has done all that duty demands; and that clothes, no matter how fashioned, food, no matter how prepared, and "nursing," which consists, perhaps, of shaking and rocking and bumping alternately—are things of course, and require no looking into so long as the infant apparently thrives, or the evidence of its discomfort is confined to the nursery.

Now the exercise of the mind is as necessary in the nursery as in the school-room. Nurses are not expected to be thinkers in a wide sense: they undertake

the duties of their post much as a cook does the management of her joints and puddings; and their experience, as a rule, is just as much a matter of routine. With them a baby is an accepted fact, verified by certain signs—a baby always, and to be treated in baby fashion, according to the laws of nursery management; but with the wonderful variations of constitution, temperament, strength, and feebleness, they have nothing whatever to do, for they simply do not understand the existence of such variations, or their immense influence upon the budding life.

But the mother should think as well as feel for her offspring; God did not give her motherly instincts and motherly intelligence for nothing. HER law, founded on general principles of good sense, tender affection, and the knowledge of herself and her babe—which cannot be imparted to another—should be the law of her nursery; and her watchful influence be acknowledged in those hours when other claims upon her time

6 *Practical Suggestions.*

force her to depend upon those who take her place.


It is a very common excuse with young mothers, whose education has embraced but little of practical life, that they know nothing of their maternal duties, and are not, therefore, able to perform them properly ; but surely this is no just excuse. Every mother should learn her duty. Let her go hand in hand with nature and common sense, and she will soon acquire all the knowledge her instincts leave untaught ; so far, at least, as to enable her under fair circumstances to rear her child in health, and certainly to carry out with intelligence the hints derived from science when sickness or disease display themselves.

But now, having ventured to say so much on the subject of the mother's duty, let us try to give a little practical help to those who are really in ignorance of the routine of nursery life ; always with the understanding that rules are merely the outlines of a picture, which must be filled up with

the lights and shades of intelligence: for the rule which may answer perfectly with five children, may be of no use applied to the sixth; and while light and air, and food and clothing, are absolutely necessary to the rearing of infants, there is not one of these that does not demand thoughtful and judicious use.

We will not venture to meddle with that sacred time "the month," when the infant is in hands that will brook no interference save that of the doctor; and when even his advice is matter to be well weighed before it is followed with the faith which is the result of experience. We will take the life of the baby when left alone to the care of its mother and the regular nurse, and divide its little day into so many portions; passed, as they must be, in washing, dressing, feeding, exercise, and sleep.

THE BATH.

HE best bath for an infant is a wooden one of an oval shape ; the child is not so likely to slip about in it as in an earthenware vessel, or to hurt itself if it should do so ; but it is a good plan to place in the bottom of either bath a piece of old flannel, as a sort of stay for the little form.

Previously to taking off the infant's night or day dress, the nurse should equip herself in a soft, substantial flannel apron, and then, having arranged all her toilette requisites and the bath itself, she should undress the child, and *with her hands* soap it well from head to foot, taking care to leave the face till last. Then, having well soaped each little crease, and penetrated into each fat corner—no easy matter with a very young child—the little form should be

Importance of Drying the Skin. 9

gradually immersed in the bath, where it will, in all probability, kick and plunge like a young hippopotamus, being supported all the time by the nurse's arm passed under the body, while her hand lays gentle hold of the child's left arm.

The rinsing over, the babe should be placed on the lap on a large soft towel, and gently dried. Here we must just add that the best baby's towels are found in the refuse of the linen chest, the fine old damask tray-cloths or dinner-napkins ; and the neat housewife should not mind the few undarned holes in these articles, since their value lies in their age and in their softness.

In drying the child, great care should be taken to penetrate into the creases of its flesh ; if it have a delicate skin the existence of the least moisture between the rolls of fat—which every mother is proud to see on her babe—so soon causes it to chafe. It is not always easy to accomplish this, for a strong babe of two months old will often resist the nurse's at-

tempts to pass her towel into these little places, and will kick and struggle, and hold its wee legs tight together with great pertinacity. But the importance of care, in the matters of ablution and drying, cannot be too strongly urged : one is necessary to health and cleanliness, the other to comfort. Nothing is more painful than a crack in a child's skin ; nothing more easily established by the least inattention to the points above mentioned. If such a misfortune ever occur, the application of a little glycerine is the best remedy, though rather a sharp one. It should be applied with a camel-hair brush, two or three times a-day.

After the child is dried with the towel, it should be well shampooed with the hand, until every part of the body is smooth and dry. If this be carefully done, there will be little occasion for the use of violet-powder, to which some mothers so much object, any slight redness or excoriation which may exist being easily soothed by the application of a little zinc, or marsh-

mallow ointment. When the powder is used it should be wiped off again with a soft cambric handkerchief, as soon as it has done its work of drying the skin, for very often a careless or inexperienced nurse will dust the child with powder while the skin is yet moist, and this necessarily becomes a cake on the surface, highly irritating to the infant.

With regard to the shampooing, it is beneficial in more ways than one: it gives exercise to the muscles, and produces a healthy action in the skin: moreover, the baby's bare body gets some fresh air upon it that does it good; while the friction produces a glow which prevents all chance of a chill during the exposure. It also removes all doubt of the child being thoroughly dried before its clothes are put on.

And here we cannot help saying, that the mother's hands are the best for this work; and she who cannot spare from her daily pleasures, or daily duties, one little half

hour for the performance of such a task, neglects an extra duty, and misses an extra pleasure. Her soft hands, free from the stains of labour, will do their work far more pleasantly than those of the nurse: the plunge into the strange element will lose half its terror if the mother's face be smiling over the bath: for it is astonishing how soon these small beings exercise their intelligence in such matters, and are pained or pleased by a look or by a touch.

Many infants have a terror of the bath: to most it is a shock at first, and some monthly nurses object to immerse the babe so long as it is in their charge: when this is the case, it renders the bath still more difficult to insist upon when the child is older. Still, since its use is of the utmost importance in the rearing of infants, no pains should be spared to coax the little bather, until it learn to enjoy its swim in good earnest, for it not unfrequently happens that a serious obstacle is offered to the medical man in the treatment of

dangerous disease by the terror some children have of being put into water.

Who can do this so tenderly as the mother—if she have a mother's tenderness? Surely the sympathy that exists between herself and the child will suggest more for the babe's comfort than any teaching could point out.

While on the subject of the bath, we must not omit to recommend the use of a tiny bit of sponge, fastened by sewing it securely on a quill, as a little mop for the mouth. A few grains of powdered borax put into a glass of cold spring water is an excellent thing to use once or twice a-day. The sponge being dipped in the solution, and squeezed dry, to prevent the chance of any of the borax being swallowed by the infant, should be passed carefully round the interior of the mouth, wiping the tongue as well. This will prevent the white substance accumulating, which is so generally found inside the cheeks and upon the tongue of the infant. The rinsing of

14 *Temperature of the Bath.*

the mouth in the same fashion—using only cold water—several times a-day, is also recommended as a wholesome and cleanly habit. And, in conclusion, let us remind the young mother, that—

The temperature of the baby's bath should be, on ordinary occasions, simply tepid : warmer at night than in the morning. The child should not remain in it longer than is necessary to rinse off the soap thoroughly. This, however, must be left to the nurse's discretion, and the rule be adapted with regard to the child's age and strength.

The infant should never be washed until an hour at least has elapsed since it received food : neither must it be exhausted by hunger at the time. Two hours being a fair interval between the meal and the bath. Baby is very glad to get the comfort of its mother's breast, or the solace of the bottle, after the fatigue of being washed and dressed ; and it generally has a sound sleep after it has been bathed and fed.

It should be undressed quickly ; dressed at leisure ; and be always warm when placed in the water.

THE DRESS.

WE wish the subject of infant dressing were as easy and pleasant to discuss as the one just dismissed. Surely nothing can be more uncomfortable, or less convenient, than that adopted at the present day. To watch the turning and twisting, stitching and tying necessary to complete the toilette of a well-dressed baby—remembering that baby has just gone through the fatigue of the bath—is enough to make us understand its peevish fretting before the business is half accomplished. It would be a great boon to babies if a revolution were effected in this ; and dress might be quite as pretty, quite as becoming to infants, with half the fuss with which they are now inconvenienced.

Who can say that it is not almost cruel to bare the little arms and throat in the cold winter weather ; to bandage the body without regard to the space an extra meal may require ; to stab it with pointed work, and worry it with starched frills ; to weigh down its feeble limbs with long trailing skirts ? Think of the baby carried in nurse's arms on a hot July morning ; its head buried in a deep ponderous hood laden with lace and white satin, and its wee proportions lost in the folds of a cumbrous cloak, with its flapping accompaniment of cape. How can the nurse comfort it when it cries, or change the position of which it is weary ? As well may she try to poke the ribs of a man in armour, as approach the real baby when guised in this fashion. She carries about a wearisome burden of useless clothing ; and no wonder her arms ache, and baby "drags" in the effort. All this is surely wrong. As a matter of health and comfort, an infant's dress should be as simple as possible, and adapted to the sea-

son. It should be so fashioned as to be easily put on and taken off. The neck and arms should be covered, and the feet kept warm, for warmth to the feet is at all times most essential, and this may be attained by letting the child wear knitted woollen socks, kept on the feet by a piece of broad cotton elastic. This fastening is always preferable to the little strings usually attached to baby's socks, for in the first place it keeps them on more firmly, and the pressure being even, and over a large surface, there is no danger of arresting the circulation of the blood, and the risk of a tight string is avoided. This may appear a trifle to insist upon, but an infant's life is made up of trifles, often very serious in their consequences. For example: A lady, who was a very tender and anxious mother, returned one day after a few hours' absence, and found her baby screaming violently. On hastening to the nursery, she saw nurse in a state of great agitation, pacing up and down the room, trying to quiet it; on the

18 *Little Socks—High Dresses.*

table stood the bottle, evidently offered and rejected as a minister of comfort, and the child's cries were heart-rending. "That is a cry of pain, nurse," said the mother, "something hurts him." "There's nothing to hurt, ma'am : I've undressed him from top to toe, and there's not a string but what is in its proper place," said nurse.

But the mother was not satisfied : she took the babe trembling in her arms, undressed it even to its little socks—and then the mystery of suffering was explained. The strings of the socks had been tied on with a jerk, and all day the little creature had been in torture from this simple accident !

When baby is, as we say familiarly, "shortened," it is a good plan to adopt cotton socks under the woollen ones ; they are very comfortable to the child, and it is as well to delay the putting on of the smart little red and blue shoes, with which it is our pride to adorn our baby's feet, as long as he is in nurse's arms ; the woollen socks

are so easily washed, and the cotton fabric of the under sock gives excellent protection to the feet.

Many persons object to high dresses for a babe, on the very reasonable ground that the size of its garments must increase every day, and that as they cannot be made to fit with any degree of nicety, without runners round the neck of the bodice these runners in high dresses just get into the creases of the child's neck, and consequently chafe it. This, however, may be easily remedied by the use of an old cambric handkerchief, placed shawl-wise, crossed over the breast and stitched behind. It does not disfigure the dress, and takes all the pressure of the runners from the neck.

In the place of that cumbrous cloak and cape, for an out-door garment, we would venture to suggest a skirt and jacket, the sleeves of the latter leaving the child's arms free. We know a lady who has adopted this dress with great comfort to the child and nurse; the nurse can clasp the baby safely in

her arms, without the obstruction of a heavy cape interfering with her movements.

The whole out-door dress of the child may be thus described.

The jacket, made to fit round the neck, but wide in the back, so as to render it easy to put the child's arms into the sleeves, was composed of white cashmere, prettily ornamented with white quilted silk, and lined with a soft fine flannel. The skirt, of a moderate length, was composed of the same material, and trimmed to correspond with the jacket ; it was placed in a band, to which a little elastic was attached, which stretched as the child grew older ; and this skirt had an under one made loose, formed of stout flannel, a little shorter than the outer skirt, but quite long enough for baby's legs to have freedom. This skirt was fastened at the bottom by buttons, and formed, in fact, a sort of bag, which prevented any cold air from getting to baby's feet ; and being concealed by the lower skirt, did not look at all unsightly.

Then, in the place of the hood, or helmet, as it might be called from its heaviness and stiffness, this lady used a little white satin cap wadded with flannel. It was very tastefully trimmed, but in such a manner as not to interfere with the babe lying comfortably in its nurse's arms. It had also in sunny weather a little shade attached to it, like a poke, which entirely prevented the necessity of a parasol, which, when carrying a heavy child of three or four months old, is impossible for the nurse to hold, if she give the baby's form the proper support of her arms.


But these are very slight hints to give on a subject which is, after all, a most important one, and we cordially wish that some one would arise from the mass of workers, with the genius to invent, and the cleverness to carry out, an entire remodelling of the infant's wardrobe. A change once adopted and found valuable, would lead to endless suggestions from those who have never, perhaps, given the matter a thought

as yet ; and in the multitude of suggestions might be found the wisdom which would result in our babies having the comfort of a well-appointed wardrobe ; and, until this happy condition of things arrive, we must content ourselves with matters as they are, to a certain extent ; still using all the common sense we have, for the benefit of our nursling, and treating with contempt and abhorrence anything which fashion may prescribe, when our own judgment tells us that its adoption would interfere with health or comfort.

All mothers like their babies to look "nice" and "pretty," and we would ask anyone whether there is a prettier or nicer sight than a comfortable baby, with the innocence of its little face undisturbed, and its soft dimples speaking of the repose and progress known only to the baby world.

And now, bidding farewell to the subject of dress, though with the unsatisfactory feeling that we have said but little to the purpose, let us next consider the matter of food.

FOOD.

 **HEALTHY** mother, with a good supply of milk, has little else to do in order to nourish the baby well, than to be careful of her own diet, and to keep her temper.

This last is a dreadful hint ; but it is quite certain that a fretful mother makes a fractious child, and that the nursing mother who allows little or great things to put her out—or, in other words, to excite her temper and fever her blood—is sure to do her baby harm. Some women are naturally excitable, and especially so when the feebleness, consequent upon the confinement, yet remains, and their physical powers are not equal to their mental desires. Many women, also, fret away their milk in their very eagerness to do their duty ; and we know an instance of a young mother, who had been confined a fortnight, whose milk left her

entirely, through the excitement produced by the visit of a few friends.

It is the easy-going, calm, temperate woman who makes the best nurse to her child. Bringing up by hand is always a difficult matter, simply because it is not natural; but it is not natural either to live in the state of feverish excitement we do at the present day; and our children suffer for the folly of the age.

We wonder what sort of milk our cow would give if it were driven from field to field, harassed with a whip, milked at irregular hours, fed upon anything; and by chance—called upon to figure in a tame beast show with its horns decorated, and its weary feet forced into a dance? Yet, with a deprecatory curtsy to our sisters, and a hope that they will pardon the comparison, the ladies of the great and little world often do much the same sort of thing. The whip of fashion or caprice drives them from the quiet home fields, the love of change and excitement stirs them up, or the anxieties

The Mother's Responsibilities. 25

of a false position are thrust upon them. They cannot nurse their babies, because they foster the demons of selfishness and frivolity. They cannot give life to the sweet springs of nature, because the fountain of their own heart is dry ; and this, alas ! must always be the case while the greatest of women's blessings, the cultivation of home, and home's sweet affections, is neglected for unsubstantial and unsatisfactory enjoyments.

"The world must be peopled,"

says the great bard of England, who, nevertheless, in describing the first actor on life's great stage gives one the impression that Mrs. Shakespeare's babies were neither judiciously fed, nor very comfortably dandled. Peopled ? Yes, but with what ? with men and women, strong in frame, and sound in heart ? or with creatures born in suffering, reared in neglect, even the fabled silver spoon placed with poison to their baby lips, and bearing onward, through

their struggling days, the pain of some old implanted evil—implanted by hands that should have tenderly removed all thorns from the path, the weariness of which they had themselves learned from the Great Teacher's experience! But to return.

Bringing up by hand is always a difficult matter, involving great watching and care, yet at the same time many healthy children are reared in this manner. We know a lady who brought up six children almost entirely by hand, and as the last is the most successful specimen of her care, it may be useful to subjoin the young gentleman's daily bill of fare from the age of six weeks.

One of Maw's feeding bottles three parts filled with new milk, that is to say, milk from which the cream has not been taken, and filled up with boiling water in which a small teaspoonful of the sugar of milk had been previously dissolved. Half of this quantity was given at first every two hours; and as the child grew older the quantity of

water was lessened, that of the milk increased, and the time between each meal lengthened, until it was given once in three hours : the food being warmed by placing the full bottle in a saucepan of boiling water, and letting it remain therein for the space of a minute or two. This was varied by a daily meal of arrowroot or gruel, and when the child was four months old, a meal of beef tea. This diet succeeded well until the babe was nine or ten months old, when he was promoted to a basin of bread and milk, mutton broth, beef tea, and "hasty pudding"—which, by the way, when well made, is a great favourite with children, and very wholesome—an occasional boiled egg, with bread and butter, and so on ; until at the age of fourteen months he could manage a plate of finely minced meat and potatoes for his dinner ; a breakfast of bread and milk or gruel ; a luncheon of broth ; and a tea of new milk and bread and butter, or anything else that was set before the more advanced members of the little family. At

28 *Importance of Care in Feeding.*

three years old, the child thus reared was a rosy, fine skinned, bright little fellow, who had cut his teeth well, and gone through the chicken pox and measles, with little suffering to himself or anxiety to his nurse.

But here it must be added that the mother carefully watched the effect of this bringing up; that there were times when her good sense told her that routine must be broken through, times when teething brought its attendant fever, and the milk had to be given more seldom, the gruel a little oftener; seasons when the state of the child's secretions indicated the necessity for administering gentle doses of castor oil, and even calomel, but this *always with the doctor's sanction and advice*, for let women be ever so experienced in the general management of their offspring, it is always well to let the medicine chest alone, without very good authority for bringing it into use.

Here we cannot help remarking how very little real use is made of the help of

the professional adviser. Women, forgetting that by the medical man the human frame is looked upon but as a machine, the workings of whose secret springs are known better to himself than to those who seek him, often feel a false delicacy in speaking freely, or, what is still more foolish and reprehensible, do not try to understand the *spirit* of his advice, adding to it the help of their own good sense, and the experience—which no doctor can have—which they must gain from hourly watching the effect of treatment. Often a few words from an intelligent mother, who in her earnestness has noticed some trifle which required the quick eye of a mother to see, has changed the whole tenour of the doctor's advice. Often, from her ignorance of the meaning of words, that advice has been misinterpreted, or wrongly carried out. There are few medical men at the present day who do not leave nature alone, as far as possible. But when she needs the help of science, too much care cannot be taken

30 *Mother's Help to the Doctor.*

to understand the *spirit* of its teaching. Some women positively make their children invalids by constant physicking. Instead of changing the child's diet, or giving its digestive powers rest, they fly to the medicine chest, dose the unfortunate little mortal, and very often, by their imprudence, confirm the very evil which had only given a hint of its possible existence.

Half the diseases of infancy are created by improper diet. Those which are inherited are often increased to a fatal extent by the very same means. The mother who is denied the pleasure of nourishing her babe at her own breast has indeed a most important duty to perform in discovering the best and most nourishing food to supply the place of that which is natural. She must not take the advice of Mrs. So-and-so, then get Ladies A., B., and C. to give their opinion also, and test the different value of each suggestion upon her poor little infant.

There are certain substitutes for the

mother's milk acknowledged by experience to suit infant powers of digestion. It is best to try these first, and the simpler the food the more likely is it to agree. Milk is the best and most natural diet for children, and the nearer the milk approaches that of the human being, in quality and property, the better. Science has helped us greatly by the introduction of the sugar of milk, which supplies the whey wanting in the diluted cow's milk. As a rule this appears to be the best food for infants brought up by hand. But still, even the preparation of this simple food requires thought. Directions are given for the use of so much "milk," but "milk" varies in quality, and its quality can only be determined by the person who prepares the food.

The mother who is fortunate enough to live in the country, and has her baby's breakfast made from the last new milch cow, has a much richer meal to prepare for her infant than she who is at the mercy of the milkman and his "ninety times

32 *How to use the Sugar of Milk.*

skimmed sky-blue." Again, cows vary in the quality of the milk they yield. A lady who had a large dairy, and a larger stock of courage, tried the milk of eleven cows before she got that which suited her baby.

But the careful mother will soon find out whether the milk is fresh and good. It is always best to have it from one cow; and a certain quantity should be set aside night and morning for baby's use, and *stirred up* every time it is used, so that each meal has its fair proportion of cream. Then the sugar of milk should always be procured from the best chemists.

The simplest way of preparing it for food is to have a certain quantity weighed in packets of one ounce. Every morning, or as often as necessary, take one of these packets and place it in a jug, with two lumps of best loaf sugar. Pour upon it a *pint and a half* of boiling water, and let it stand ready for use. Two table-spoonfuls of this, with the same quantity of good milk, make an excellent meal for a child of a

month old and more. The quantity should be increased (in the same proportion, half-and half) as the child grows older. A baby of four or five months old will take four spoonfuls of each at a meal; but three hours should elapse between the meals when a child is hearty enough to require so much.

A very safe and pleasant change of diet is made for infants by the use of old-fashioned pap. It is an excellent help in giving beef-tea. But the pap must be properly made; it must not be merely soaked bread. For the use of those who are not experienced in nursery cooking, it may be an advantage to give the following rules for making it:—

A thick slice of bread must be crumbed into a basin, the basin filled with boiling water, a plate put on the top thereof, and the whole allowed to stand for twenty minutes. Then the water must be strained or poured off, and the bread put into a saucepan, with fresh cold water. This

must boil for three and a half hours, during which time the cook must change the water three times, beating up the bread with a fork very often, and skimming off all the white liquid which boils on the surface. Then it may be strained through a fine sieve into a clean basin and set to cool. When cold, it will be a nice jelly. Pap should never be given with a spoon to a child under six months old. Sucked through the bottle, it is easy of digestion and very nourishing, but there are few infants able to digest it unless given in this manner.

A good meal for an infant of four months old is made with two tablespoonfuls of pap and three teaspoonfuls of strong beef-tea, thinned with two tablespoonfuls of water. Some people feed their children successfully upon pap, thinned with milk ; but it is heavy food for a very young child.

Then comes gruel—always a valuable help in nursery diet, but not food to be relied on entirely. Gruel, like arrowroot and

pap, should be considered as rather a change of diet than a staple food.

To sum up,—*Regularity* is essential to good feeding; a child constantly plied with nourishment *has its digestion too hard worked*. *Lazy nurses* will often give a fractious child the bottle to still its crying: it is a bad plan, and ought never to be allowed.

Babies are generally early wakers, and there can be no harm in the hard crust given to a child of eight or nine months old—to happify it as it sits up in its cot watching nurse's movements with round bright eyes. But the habit of feeding children at irregular times should never be encouraged. Every two hours is a good time to feed a babe of from two to three months old. After this age (indeed earlier, if the child be hearty and strong) the distance of time between each meal should gradually be increased to three hours. Under two hours it ought never to be fed. Of course we allude to an infant in

36 *Position of the Child in Feeding.*


a state of natural health. Exceptional cases must have exceptional treatment and exceptional advice.

All infants to be properly nourished should have good food, plenty of it, and regularly given; that is to say, as regularly as the child's sleep will permit. It appears a foolish thing to take a babe from the rest it is enjoying to work its digestive powers with food. Yet many persons do it. We strongly advise that a babe should never be disturbed from its sleep to take food. It will wake when it needs nourishment, and then take it with hearty enjoyment.

There is one point which, trifling as it may seem, greatly influences a child's digestion: *Let it always feed quietly.* We have seen nurses take a hungry child, *lay it flat on their lap*, stuff the bottle into its mouth, and jog or rock it during the whole of the meal, which, of course, under such circumstances, it can only imbibe by gulps. The child should always take the bottle in

the same erect position, and imitating, as far as possible, that in which it would take its natural food.

SLEEP.

HE same rule of quiet applies to sleep. A healthy, well-trained baby will, if we may use the expression, go to sleep wide awake. Sleep being a natural want, needs no enforcement; and the rocking, patting, and singing so often used to "hush" the baby, only bewilder and fatigue it.

"I never saw a baby so long a settling off," said an old nurse once, in despair, to the mother of a peevish little tired child, "he will *not* go to sleep." And could the mother wonder that it was so? Here had this poor little creature been bumped and thumped, and patted, and shaken, till after a long rebellion against these unnatural proceedings, it had fallen into a fevered restless sleep, the result of sheer exhaustion.

Picture to yourself, gentle reader, what those baby struggles must have been ; and ask yourself whether, under such circumstances, a cross baby was not a thing of course ?

Let a giant of the female gender take you in her arms, and having made you giddy with swinging, let her throw you on your face on her hard uncompromising knees, and thump your back till your spine vibrates again : and let her insist upon your going to sleep, while she jogs you up and down, till you are maddened with heat and impotence. Or, let her lay you on your back, poke a tube into your mouth, through which food flows, which you must swallow or choke : would you not scream, and kick, and struggle ? And should you be but a weak and sickly mortal, you would scarcely feel surprised at yourself if you slipped out of the giantess's arms altogether, and sought shelter in a land where they treated big and little babies better.

Bring up a child in good habits, and it will expect its sleep and embrace the enjoyment thereof as naturally as it does its food. Always let it sleep in quiet, and if possible without light. Let the "hushing" and "rocking" be done gently; remembering that its object is to soothe, not to excite and fatigue. The rest of an infant is much more likely to be calm and unbroken, when laid in its little cot, instead of the nurse's lap: still, a child likes to be "cuddled" and warm, and a capital substitute for nurse's arm is to place a little roll of flannel at its back, as it lies on its side, just like a bolster. This will enable nurse to tuck the blanket firmly round the babe, without oppressing it with weight. Should baby seem restless, and there is no other necessity for taking him out of his warm cot (this the nurse can easily ascertain without waking him up), he should have his position changed. Turn him over, in fact, change the side of the bolster, and ten to one but the restlessness disappears.

The importance of quiet to a babe, when sleeping, is great, for even if it be not apparently disturbed by the bustle or whispering in the nursery, it is a mistake to fancy its sleep is really as sound and healthy as that enjoyed in perfect tranquillity.

We have strongly urged the necessity and importance of the mother being the child's real nurse. No matter what her position in society may be, her position in life is that of a parent ; and it was given to her by the great Parent of mankind, to whom she must answer if she fail to recognise its responsibilities.

The love of a mother for her offspring and her conscientious discharge of maternal duty, are the best and purest parts of a woman's life and action ; and the creature who neglects or ill-uses her babe, is held in abhorrence, even by the most unthinking.

It would almost seem as if God himself had thought it unnecessary to make a verbal law for that which he had written with his own hand in the human breast.

"Honour thy father and thy mother" has no *reverse*, and the very silence of the Lawgiver seems to suggest that when providing a code of morality which was to help mankind on its way through life to heaven, parental duty was so much a law of nature, that it needed no command. And of course we all know that in a state of nature even the lower animals love their young, provide for them, and shelter them. It is the law of the world, the love of its excitement, the lazy hushing of true feeling and holy aspiration, that make the babes of our civilized nations motherless.

The lady, to be a true mother, must in a certain sense give up the world: the craving for excitement, the love of change, the restlessness of ambition, must be hushed in her heart, if the mother's love live there and grow strong.

"What!" said a lady once, in our hearing, "Nurse your baby? Why it ruins your figure." And another, with equal farsightedness, urged that "it would be taking no advantage of our station to do the same

as every poor woman did who couldn't help herself." With such reasoners as these we have nothing to do. It is the gentle-hearted mother, who really recognises her duty, longs to fulfil it, and yet is puzzled how to manage her nursery, that we hope to help by our suggestions.

There are other claims besides those of station to be considered ; and no wife, in devotion to her nursery, should lose sight of her duty to him for whom home should always look bright, and who, wearied with the cares of business and the anxieties of his profession, ought to find peace and pleasure in that home. In saying that the mother, whatever be her position, should always be the real nurse, we do not mean that she should not get *help* in her duties ; and the value of that help must greatly depend upon the choice of her nurse, who must be her agent, subject to her influence, and attached to her by kindness. We often hear fine ladies say, with a smile of self-complacency, "Oh, *my* nurse would not

allow me to do so-and-so"—a case in which the nurse is clearly the mistress of the mistress. What influence can the mother have over her servant under such circumstances? What can she possibly know of her children's well or ill doing? And if she so easily yield up her sacred authority, how can she expect the nurse to fail to take advantage of her indifference? There is, however, another side to the same question. A young woman, brought up in fashionable life, yet still a woman at heart, will seek for an "experienced" nurse, because she is aware of her own inexperience, and does not so much desire to free herself from anxiety as to gain a good nurse for her child. This is so far good. But how is she to ascertain that duty is done to her child by placing it in the care of a person whose heart cannot be thoroughly in the matter, who has undertaken her position, probably, because the mistress was young, the wages were high, and the "place" unexception-

44 "*Experienced*" Nurses.

able. If a mother be never so inexperienced, provided she be *true to her duty*, she will find a young woman the best nurse for her baby; for a healthy young woman, with her heart in her work, with respect for the mistress who maintains her position of superior, while her kindness and consideration win affection, is worth all the "experience" in the world.

The register of infant death could, if it might speak, add to the long and cruel list of babes murdered by neglect, starvation, and ill-usage: those to whom the secret drug has been administered to procure the sleep for nurse which mamma is placidly enjoying, mamma not being troubled by the question as to how baby's "goodness" has been maintained through the long dreary hours of night.

In this category of nurses we by no means include those good and faithful servants who, from long tested worth and integrity, claim the confidence of their employers. We speak merely of the so-

called experienced nurse, hired by one fashionable mother from another, whose smooth manner and respectable appearance are her sole recommendation ; and who undertakes the duties of her responsible post fearlessly, knowing how little her performance of its duties will be inquired into.

And now, before we quit the subject of nurses, let us say a word about the baby's rest at night.

If possible, the infant should always sleep in its mother's room. If she be lucky enough to feed the child from its natural source, there is very little to disturb either husband or wife. The mother, who, if she nurse her babe, should keep proper hours, may feed baby at ten o'clock, or whenever it wakes, and, having made it comfortable in other ways, place it in its cot, where it will, in all probability, sleep for several hours. Even when it is dry-nursed the matter of feeding may be easily managed as follows :—

Feed the child before retiring to rest ; then fill one of Maw's bottles with food, ready prepared and hot ; cork it tightly and wrap a piece of flannel round it, so as to exclude the air. Let this be placed in the bed, and the food will keep sufficiently warm for four or five hours. The tube should be placed ready for use in a basin of cold water on a small table by the bedside ; and a lamp in the shade to yield only as much light as may be necessary. The mother's warm dressing-gown and slippers must be close at hand, so that, when she hears the baby stir, she can prepare to take it out of its cot, and change its diapers before it thoroughly wakes. Then, having the bottle in readiness, she can take baby into her own bed, feed, warm, and hush it off to sleep ; this done, the little one can go back to its own bed, or pass the rest of the night in its mother's arms. There are few husbands who will not sleep through these little operations if quietly and quickly performed.

Then at six o'clock, if necessary, nurse should take charge of baby, while the mother has an hour or two of refreshing sleep.

Nurse, being invigorated by a proper night's rest, can give her best attention to the little one, and it will in all probability take its food and go to sleep again in the nursery cot, until the time for its morning bath.

Of course the comfortable arrangement of these matters will greatly depend upon the regularity of the household. But if a lady be not a neat and regular housewife she will not, in all probability, make a very careful mother; the habits of order and regularity being of infinite importance in everything relating to the management of home.

In choosing a nurse we would advise every mother to pay particular attention to the evidences of her health and temper. The countenance of a nurse has its undoubted effect on the baby. Should cir-

cumstances oblige the mother to give up the care of her infant at night to the nurse, it will find safe refuge in the arms of a fresh, healthy girl; and a cheerful and pleasant face is generally the index to a happy nature.

A lady who, trusting in a highly-recommended nurse, had the misfortune to find the trust broken, and her child neglected, from that time made a point of having in her nursery a young person, whose education not fitting her for the post of governess, had the courage to become a nurse. She, with her gentle disposition, trustworthy nature, and refined mind, became the lady's *friend*. The mother had an agent on whose truth she could rely, the children were never in contact with the ignorance of servants unwatched, and the young lady herself forgot her homelessness and poverty in her useful life and gentle surroundings. If we look around at the number of poor half-educated young women who go out as governesses, and who

have neither the position of gentlewomen, nor the independent liberty of servants, the thought will suggest itself that this lady's plan might not prove a failure if generally adopted.

EXERCISE.



AND now we must say just a little on the subject of exercise, which is as necessary to healthy life as food and clothing. Much as we have thought it well to insist upon the gentle handling of the infant, we by no means object to the exhilarating "toss" with which a strong and lively-tempered nurse indulges herself and baby, so that this exercise be judiciously given—not just after a meal, or when the little one is tired and fretful. It is both good and pleasant, as the little delighted crow of the babe, as it gets older, will testify.

But this, like every other exercise, should

never be taken to fatigue, and especially without due regard to the age and strength of the infant.

A healthy babe will enjoy twice the amount of exercise that a sickly one will bear. It is a good plan, when the babe comes in from its walk, to disencumber it of its outer clothing, and lay it on the bed to kick with free legs. This will be a relief from the pressure of the nurse's arms in which it has probably been enclosed for an hour or more. A very young babe, who has not arrived at that mature stage of infancy when it is supposed to "take notice," will in all probability lie passively on the bed, but the lively infant of four or five months old can also be made to lie for a time by dint of a little judicious playing and coaxing, even if he object to the position at first.

Perambulators should *never* be used to carry a child under two or three years old. A baby had better imbibe no other air than what it can get through an open

window, than be exposed to the dangers of a perambulator. It is dreadful to see, as we often do, infants with their heads hanging down, their helpless bodies strapped in cruel bondage, and their tender frame exposed to the jolting of an uneven street, while the nurse goes heedlessly on, or stops to gossip with a friend. Does any mother think of the suffering to which these tiny creatures are exposed, while she is possibly seated in her drawing-room, discussing the last new fashion, or the last sensational romance—or, busy with her needlework or music, does she picture to herself the pain of those little cramped limbs, the weariness of the little back, that has been strapped and tied down on that hard leather seat? We think not. Perambulators, like all other inventions, have their proper use; and great helps they are occasionally to older children, but they should never be used for the infant.

As a general rule it is not prudent to take children further from their home than

they can walk, or the nurse can carry them, and in cold weather, especially, it is not safe. If a parent will bear in mind that pure air and moderate exercise are good for her child, she must use her discretion as to what is moderate, and her wits, how to get the purest air. That which is an easy matter to those surrounded by spacious parks and country lanes, is difficult for the inhabitants of cities; and so in this particular, as in all others where the rearing of children is concerned, the mother must try to find out what is best for her darling, and make the most judicious use of her discovery.

And here—dreading to be tiresome—we feel we ought to stop; and yet our pen lingers over the page on which we have written our thoughts and experience, unwilling wholly to bid farewell to the baby kingdom until we have said one more word to its queen and ruler—the mother—“Mother,” a sweet word, full of tender meaning, and one which has lingered on

the lips of heroes when other names have been hushed and forgotten.

But what can we say more than has been said by the voice of Nature over and over again? If her pleadings be silenced by the clamour of selfishness or fashion, who can waken in the heart of women any answer to the baby cry for help?

"But," asks one of the sisterhood, "what have we to do with Nature now-a-days? Surely the old lady is quite out of date; one hardly hears her name." True, fair mother, but silent as her gentle voice may be, her power is none the less, and she may at no distant date lay her hand upon your shoulder, and demand her rights in no unmeasured language.

What will the "claims of society" avail you then? Nay, think better of the matter. Remember when you take your babe in your arms in the first pride and joy of possession, that the little being is lent you by the Father of mankind to be restored to Him in due time, strengthened by your

strength, and purified by your purity. It is the life of your life. It is an angel from heaven, sent to speak to you of holy duty, patient tenderness, divine love! If you be disappointed in your married happiness, hug your babe all the closer. If the world frown upon you, let the thought of having another to strengthen, give you power to endure. Do not forget that what your babe is to you, so will your son or daughter be, if you do your duty by each as each duty is called forth.

Happy indeed is that mother whose children arise and call her BLESSED.

THE END.





